

First Position—Spring up with the arms to the rear, and the right heel close to the left, which forms the 'First Position,' as before described.

Front—Come smartly to the position of 'Attention,' bringing the hands and feet in one motion, to their proper places. In the foregoing instructions the Positions and Movements preparatory to using the Sword have been explained, giving a separate word of command for each motion respectively. The same positions may now be gone through, naming only in the word of command, the position or movement required, and distinguishing it by the numbers, 'One,' 'Two,' &c. &c. It is intended by this to practise the recruit in changing from the different positions readily, and without losing his balance, which will almost invariably rest upon the left leg.

Positions by Numbers.

One—Raising the arm to the rear, and the right heel to the front, come at once to the 'First Position.'

Two—Come to the Second Position.

Three— " Third Position.

Two— " Second Position.

One— " First Position.

Three— " Third Position.

First Balance Motion—Spring up to the position, as shown in the 'First Balance Motion.'

Three—Step out to the 'Third Position.'

First Balance Motion—Spring up as before.

Two—Step out to the 'Second Position.'

Single Attack—Raise the right foot, and beat it smartly on the ground.

Double Attack—Raise the right foot, and beat it, as before, twice on the ground; first with the heel, and then with the flat of the foot.

Advance—Move forward the right foot about six inches, and place it smartly on the ground; then bring up the left foot lightly about the same distance.

Single Attack—As before.

Retire—Move the left foot lightly to the rear about six inches, the whole weight and balance of the body still continuing to rest upon it; then move the right foot back the same distance, and place it smartly on the ground.